Multimedia Appendix 3. Instrument to measure EB methodology (max 15 points)

1. Is a systematic literature search or surveillance the basis of content development?

Score: 3 for "yes", 1 for "unclear", and 0 for "no"

2. Is the critical appraisal method fully described?

Score: 3 for "yes", 1 for "unclear", 0 for "no"

3. Are systematic reviews preferred over other types of publication?

Score: 3 for "yes", 1 for "unclear", 0 for "no"

4. Is there a system for grading the quality of evidence?

Score: 3 for "yes", 1 for "unclear", 0 for "no"

5. When expert opinion is included is it easily recognisable over studies' data and results?

Score: 3 for "yes", 1 for "unclear", 0 for "no"